

Pioneer Cross Country

Welcome (parents and athletes)

Coach Daniels – pioneertrack@gmail.com danielaw@pwcs.edu

Coach Cheshire

Coach Wallace

Coach Maria

Coach Joyner

Please sign up to receive emails at <https://sites.google.com/site/pioneerxctandf/>

Under announcements is a link to the “Runner Registration”. Fill in the fields provided. Be sure to enter everything correctly.

Rules and Expectations

- Dressed ready to run EVERYDAY – this includes proper running attire, proper running shoes and a watch.
- Attendance policy – No tardies!!
 - You are allowed 2 missed practice.
 - You are a student-athlete. Academics come first. If you fall behind in a class, or you are not doing well, let me know **before** practice. That is an excused absence. You are expected to make up the running on your own or if you are late, I'll stick around to help you out.
- Community Service-- many opportunities in the community, with elementary schools – each team will support a community service project that all Varsity members must be a part of. It is encourage letting the student-athletes decide which community service project they would like to support.
- Role Models – shall be role models within the school and community.

Practices

- Everyone must have gone to **concussion training**. Patriot concussion training will take place at Patriot High School in the auditorium. The schedule is as follows:
 - June 10th at 700pm
 - July 29th at 700pm
- If you already had concussion training, you will be able to take on online course sometime in mid-July. It needs to be dated after June 20th.
- Monday through Friday and occasionally on Saturday when we don't have a meet. I will have a weekly schedule of what we are doing and where we will be and post it on the team website at www.patriotpioneers.org. Thursday we will have practice in the morning.
- Study hall times 1:50-2:20 – this can also be used for training room time. Students will not get dressed for practice or games prior to study hall. Study hall will be monitored by the coaching staff and can be done individually by team (in coach's classroom).
- You must have 20 practices before you can race the first meet.
- **First Practice** will be August 4th at 600 at the track. If it rains or is too hot, we will use the commons. Be dressed and ready to run at practice.
- **Tryout Dates** – Monday, August 4th – 600pm Patriot High School Track
Tuesday, August 5th– 800am Bristoe Station
Wednesday, August 6th – 800am Bristoe Station
Thursday, August 7th – Two mile time trial, 6pm Bristoe Station

Meets

- Unfortunately, due to the size of the team, we will have cuts this year. We will have a 2 mile time trial in early August. There will be no cut times, rather, the coaching staff will select the 30 best athletes to fit our team. It will be a combination of time, work ethic and grade.
- Coaches will make decisions on who is going to be running. Decisions will be final and based on how the athletes are running. No one is guaranteed a varsity spot at any given meet.

Pioneer Cross Country

- Everyone must ride the bus to and from the meet unless otherwise acknowledged by Coach Daniels. We warm-up as a team, and we cool down as a team.
- Parents, please do not speak with your child once they start warming up, and then until the cool down is fully completed.

Communication

- pioneertrack@gmail.com. I try to get back to everyone within 24 hours.

Team Website

- Please sign up to receive emails from the team website. Mr. Qualls, Patriot AD, will send out emails about meets and post them to the website.
- We will also have a site at <https://sites.google.com/site/pioneerxctandf/> where all our information will be posted.

Nutrition

- Running is a lifestyle, not just a sport. Eat healthy and give yourself every opportunity to be successful. Drink plenty of WATER. No Junk Food. I will talk more about this at the beginning of the season.

Uniforms/Warmups

- TBD – Each athlete will be purchasing their own uniform this season. It will be good for indoor and outdoor track as well.

T-Shirts

- Design will change this year. Boys and girls may also design a shirt that we will make available for purchase.

Fundraising

- To be determined. Prince William Invitational at Nokesville Park on August 30th. Everyone is expected to be there.

Parents

- You are encouraged to get involved.
 - Help keep your children healthy, water, no soda, don't eat junk food.
 - Keep in communication with me.
 - Keep kids prepared for practice.
 - Keep up on grades.
- Parent representatives – 1 parent per grade – to help with organization of pasta parties, end of the year banquet.
- Booster Rep – are there any?
- Pasta parties – 1 or 2 families supply pasta, alternate, boys bring bread, salad, girls deserts, water.
- Mile splits, finishing times at meets, I'll provide the clipboards, stopwatches and everything you'll need.
- Signup – questions